

Internet Resources



Internet Resources

The Internet gives access to unlimited amounts of information and is a great place to continue nutrition physical activity and assistance research. However, it is always best to be cautious and critical when surfing the Web. A good website contains accurate information from a trustworthy source and is continuously updated. The websites below provide information on physical activity, nutrition and assistance programs. For more informational links, visit the *Network for a Healthy California* website at <http://www.cdph.ca.gov/programs/cpns/Pages/Links.aspx>. (Updated 1-2012)

INTERNET RESOURCES are recognized by:

- Type of program provided: (Go directly to topic by clicking on title)
 - [Assistance](#): Pages 2-3, [Physical Activity \(PA\)](#): Pages 3-9, [PA & Nutrition](#): 9-15, [Nutrition](#): Pages 16-19
- Website specific audience: Adults, educators, teens, youth
- Materials/activities for specific audience & cost

Internet Resources				
Program/ Organization	Description	Site friendly for	Materials/ Activities for	Cost
ASSISTANCE PROGRAMS				
C4Yourself (CalFresh formerly the Food Stamp Program) https://www.c4yourself.com	C4Yourself™ is an online application system that allows eligible individuals in San Bernardino and Riverside Counties to apply for benefits. This is a secured site and all information will be private and safe. The program helps low-income people buy food, such as fruits, vegetables and whole grains needed for good health. Inyo County residents may print the blank application & return to the nearest social services office.	Adult	Low-income individuals or families	Free
The Ecology Center 1-877-847-3663 http://ecologycenter.org/ebt/	Coordinating the Farmers' Market EBT Project to assist farmers' markets and community partners in setting up and promoting SNAP EBT access to fresh fruits and vegetables at California farmers' markets. The project is funded in part by the California Department of Food and Agriculture, through the Specialty Crops Block Grant Program.	Adult	Farmers market coordinators	Free
Healthy People 2010 http://www.healthypeople.gov/BeHealthyl/	Make better choices for yourself and your family when choosing doctors, health insurance, online health information, and a healthy lifestyle. Provides links to reliable health information.	Adult	Youth, Women, Men, Seniors	Free

Inland Regional Center www.inlandrc.org	A comprehensive collection of information and services for people with Developmental Disabilities from Birth through Life.	Adult	All	Free
Transitional Assistance Department (TAD) of the San Bernardino County Human Services http://hss.sbcounty.gov/hss/tad/default.asp	The goals of TAD are to meet the basic financial, and/or nutritional and/or medical assistance needs of families and individuals.	Adult	Adults in need of financial, nutritional or medical assistance.	Free
Women, Infants and Children (WIC) http://www.fns.usda.gov/wic/howtoapply/ Inland Empire Breastfeeding and Children Resource Guide, 2011 http://www.sbcounty.gov/wic/content/documents/breastfeeding_resource_guide.pdf	Special Supplemental Nutrition Program that provides nutritious foods, nutrition counseling, and referrals to health care and social services for low-income pregnant, postpartum and breastfeeding women, infants and children up to age 5 who are at nutritional risk. Site provides income eligibility guidelines and information on how to apply.	Adult	Low income pregnant, postpartum and breast-feeding women, infants and children up to age 5	Free

PHYSICAL ACTIVITY

AARP: Get Fit on Route 66 http://aarp.getfitonroute66.com/	The fun physical activity adventure was designed to inspire you to be more active as you trace the famous route of this virtual highway. Whatever physical activity you enjoy doing—tennis, jogging, swimming, biking, or something else, this is a fun way to motivate yourself into keeping fit.	Adult	Adults, Seniors	Free
Active Living Resource Center http://www.activelivingresources.org/index.php	The center provides technical assistance to help you create an active neighborhood that is more bicycle and pedestrian friendly. Site includes fact sheets, how-to documents, and other resources.	Adult	Parents, Adults	Free
America on the Move http://aom2.americaonthemove.org/	Challenges you, your family and your community to take small steps and make small changes to a healthier way of life.	Adult	Youth, Adults, Educators	Free
American Council on Exercise (ACE) http://www.acefitness.org/getfit/default.aspx	Workout programs, exercise library, youth fitness, ACE fit facts, fitness tools and calculators and much more. Resources for fitness professionals including certification, continuing education and resources.	Adult	Adults and fitness professionals	Free
America's Walking http://www.pbs.org/americaswalking/	America's Walking is a fitness, travel, and lifestyle series that offers information and inspiration for those who want to start a daily walking habit and live a more active life.	Adult	Adults	Free
ARMC Community 5K Walk/Run plus, Health & Fitness Expo http://www.arrowheadmedcenter.org	Arrowhead Regional Medical Center proudly presents their annual Community 5K Walk/Run to Better Health each March. Visit the website from January-March for more information or to pre-register.	Adult	All	Free

California Association for Health Physical Education, Recreation and Dance (CAHPERD) http://www.cahperd.org/whois.html	A non-profit, voluntary membership corporation formed exclusively to promote the organizing and progress of school, community and statewide programs of health, physical education, recreation and dance which will embody such opportunities and which will insure the inclusion of such programs within the most appropriate philosophical and social context of life in California.	Adult	Professionals with an academic background in HPERD and/or currently employed in these fields and future professionals (students)	Membership fee required
California Governor's Council http://www.calgovcouncil.org/	The California Governor's Council on Physical Fitness and Sports is a non-profit, non-partisan organization dedicated to promoting physical activity for all Californians, with an emphasis on children and youth.	Adult	Youth, Parents, Educators	Free
California Safe Routes to School (SRTS) Technical Assistance Resource Center www.casaferoutestoschool.org	Provides resources, information, and news to support SRTS grant programs or get a project started in your community! Guidance and examples of a comprehensive SRTS program – Encouragement, Education, Enforcement, Engineering and Evaluation –& information specifically for current SRTS grant recipients. Training opportunities, tools, and creative funding ideas.	Adult	Youth, Parents, Educators	Free
California Walk to School Headquarters http://www.caactivecommunities.org/w2s/	Designed to assist you in initiating and implementing a Walk to School program in your community.	Adult	Adults, students, Educators	Free
CDC: Exercise and Physical Activity: Getting Fit For Life http://www.cdc.gov/physicalactivity/index.html	The site contains a variety of physical activity topics for the public, as well as research resources for professionals.	Adult, Educator, Youth	Youth, Adults, Seniors	Free
Center for Natural Lands Management: <ul style="list-style-type: none"> Coachella Valley Preserve http://www.cnlm.org/cms/index.php?option=com_content&task=view&id=40&Itemid=181 Dos Palmas Preserve http://www.cnlm.org/cms/index.php?option=com_content&task=view&id=42&Itemid=183 Warm Springs Preserve http://www.cnlm.org/cms/index.php?option=com_content&task=view&id=74&Itemid=221 	Enjoy the outdoors and hike the free trails exploring the endangered species habitats in Riverside County.	Adult	Adult	Free

Checklist for Safe Playgrounds Presentation http://www.pyxislearningcenter.org/DirtyDozen/DirtyDozen.html	NRPA's National Playground Safety Institute (NPSI) has identified twelve of the leading causes of injuries on playgrounds and published The Dirty Dozen - A Checklist for Safe Playgrounds. The Dirty Dozen Online presentation is available for FREE and is an excellent service to share with employees and park advocates, parents, educators and the general public.	Adult, Educator	Adult, Educator	Free
City of Loma Linda: Parks http://www.ci.loma-linda.ca.us/asp/Site/Departments/PublicWorks/Parks/index.asp	Description and location of parks in Loma Linda including all amenities each park offers.	Adult	Youth, Adult, Dog owners	Free
City of San Bernardino: Parks/Fields http://www.ci.san-bernardino.ca.us/cityhall/parks/parks/default.asp	Description and location of parks/fields in San Bernardino including all amenities for the 26 parks and 31 playground areas.	Adult	Youth, Adult, Seniors, Dog owners	Free
Crafton Hills Open Space Conservancy http://www.craftonconservancy.homestead.com	Enjoy, learn, understand and conserve them! The open space of Crafton Hills that is. Membership benefits include five free carload passes to Yucaipa Regional Park, newsletters, field trips, and fun!	Adult	All	Low cost membership fee
The DisAbility Sports Festival 5500 University Parkway, HP 256, San Bernardino 92407 (909) 537-5352 sportfes@csusb.edu http://disabilitysportsfestival.org/	Sports Festival's primary purpose is to promote physical activity and sports for people with disabilities, raise awareness of disability sports and physical activity, and provide a service-learning opportunity to students to learn how to create and adapt programs for people with disabilities. The DisAbility Sports Festival is free and held at California State University, San Bernardino the first Saturday of October. We offer two annual programs: DisAbility Sports Festival and All-Star Swim Program . The All-Star Swim Program is a five week learn-to-swim program that starts at the beginning of May. We also partner with other programs within our local community to offer other activities throughout the year. Please see our resource calendar for upcoming events.	Adult	All	Free or low cost
Energizers – Be active North Carolina www.beactivenc.org/ or http://www.beactivenc.org/getactive/your/schools/energizers/	Classroom based physical activities that help get students healthy and active while maintaining structure and learning. Activity ideas for grades K-8; including math, spelling, grammar, geography, science and music.	Adult	All ages	Free

Fitness Jumpsite!: Your Connection to a Lifestyle of Fitness, Nutrition & Health http://www.primusweb.com/fitnesspartner/	The site provides quality fitness, health and nutrition related information & education. The fitness library includes topics such as Getting & Staying Active, Nutrition Made Easy, Managing Your Weight and Fitness Equipment.	Adult, Youth	All Ages	Free
FITNESSGRAM/ACTIVITYGRAM: Parents Frequently Asked Questions http://www.fitnessgram.net/faqparents/	Answers to the most commonly asked questions about the FITNESSGRAM.	Adult	Parents	Free
Get Fit Outdoors www.parks.ca.gov/?page_id=24053 For list of parking fees, visit: http://www.parks.ca.gov/?page_id=23294	Walking is the most popular exercise and recreational activity in California, and there is no charge to walk or bike into the CA State Parks. Most parks do charge for parking.	Adult	All ages	Free, parking fees may apply
Google Map Pedometer http://walking.about.com/library/walk/blgooglemap1.htm	Allows you to map a specific route to determine the number of miles or kilometers your designated path is. Please note: To print your map, you do need to become a member.	Adult	Adult	Free
Governors Challenge www.calgovecouncil.org/challenge	All participants are challenged to log their daily physical activity. Prizes are awarded to schools and student-based programs.	Adult	Students, Schools, Teachers, Parents	Free
Healthy Shasta www.healthyshasta.org	Information for a healthy lifestyle, including maps for many local area walking and biking routes.	Adult	All ages	Free
High Desert Community Events http://www.hdevents.org/ Visit website for listing of dates and events.	Marathon, Half Marathon, 5K, 10K and bike tours. These events support and encourage youth to lead healthier lives and participate in healthy activities. Proceeds benefit the Healthy High Desert Initiative for the Prevention of Childhood Obesity and the Route 66 Preservation Project.	Adult	All	Fee required
Inland Empire Kids Outdoors www.iekidsoutdoors.org or www.meetup.com/iekidsoutdoors	A social network that provides a myriad of ways to get outside, from a calendar of public, family-friendly outdoor activities to a variety of groups and forums that connect local families to nearby nature.	Adult	All ages	Free
Kids Walk-to-School http://www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm	A community-based program that aims to increase opportunities for daily physical activity by encouraging children to walk to and from school in groups accompanied by adults. The program also advocates for communities to build partnerships to create an environment that is supportive of walking and bicycling to school safely.	Adult	Schools, PTA, local police department, department of public works, civic associations, local politicians businesses	

Lefty's Family Fun Day and 5K http://leftys5k2011.eventbrite.com/ or http://www.sbcounty.gov/pubhlth/programs_services/healthy_communities/healthy_communities.htm	Our goal is to promote a healthy lifestyle and educate families about the great activities available to them in their local area and to make physical activity a part of their life.	Adult	Youth, Parents, Educators, Community members	Free
NASPE Toolbox http://www.aahperd.org/naspe/publications/teachingTools/toolbox/index.cfm	National association for Sport and Physical Education's monthly selection of games calendars and puzzles to increase school-time physical activity.	Adult	Youth, Parents, Educators	Free
Nature Rocks www.naturerocks.org	Inland group partnered with a national initiative that encourages families to get outdoors. To find outdoor places visit the website and enter your ZIP code.	Adult	All ages	Free
Parks of the Inland Empire http://www.inlandempire.us/parks/parks.php	Contact information and links to the Inland Empire Parks, National Parks, State Parks and San Bernardino & Riverside County Parks.	Adult	All ages	Free
Peaceful Playground Program http://www.peacefulplaygrounds.com/	Introduces children and school staff to the many choices of activities available on playgrounds and field areas. Activity guides, playground stencils and paint striping machine available.	Adult	Youth Educators	Prices vary
Pedestrian and Bicycle Information Center http://www.pedbikeinfo.org/	The Pedestrian and Bicycle Information Center, funded by the USDOT and CDC, is useful for anyone interested in pedestrian and bicycle issues. It offers information about health and safety, engineering, advocacy, education, enforcement, and access and mobility.	Adult	Adult	Free
Perils For Pedestrians http://www.pedestrians.org	Perils For Pedestrians is a monthly television series that appears on public access cable stations across the US and that promotes awareness of issues affecting the safety of people who walk.	Adult	Adult	Free
Physical Education Framework http://www.cde.ca.gov/ci/pe/cf/	Provides further explanation, description and details of activities that support the Model Content Standards. Provides steps of progression for each activity.	Adult	Educators	Free
Physical Education Standards http://www.cde.ca.gov/be/st/ss/	California Department of Education's Model Content Standards for Physical Education. Provides benchmark goals for knowledge, skills and abilities to be attained during each grade from K-12.	Adult	Educators	Free
Physical Fitness Testing (PFT) http://www.cde.ca.gov/ta/tg/pf/pftresources.asp	California Department of Education's guidelines for the Fitnessgram test. Includes preparation tips for teachers and parents, with instructions for administration, Healthy Fitness Zones, and previous year's results.	Adult	Youth, Adult	Free

President's Challenge www.PresidentsChallenge.org	The President's Challenge is a program that encourages all Americans to make being active part of their everyday lives. Site provides activity log and other tools to track progress.	Adult	Youth, Adults, Seniors, Educators	Free
President's Council on Physical Fitness and Sports www.fitness.gov	The free, interactive physical activity and fitness website offers health, physical activity, fitness and sports information, publications and an adult fitness test.	Adult	Adult, Educators	Free
Project Fit America! http://www.projectfitamerica.org/	A national agency that works with schools and front line educators to create new opportunities for kids to be active, fit and healthy. We work with communities to bring in funding, equipment, teacher training, curriculum and the resources needed.	Adult	Educators	Prices vary
TAKE 10! http://www.take10.net/whatistake10.asp?page=new	An award-winning school-based intervention integrating physical activity with academic lessons.	Adult	Educators, schools	Prices vary
San Bernardino County Department of Public Health, Healthy Communities Program 340 N. Mt. View Ave. San Bernardino, CA 92415-0829 (909) 387-4370 (800) 782-4264 www.sbcounty.gov/dph/ or http://www.sbcounty.gov/pubhlth/programs_services/healthy_communities/healthy_communities.htm#	Website provides free tools to help San Bernardino County residents of all ages become more physically active. Healthy Communities program has partnered with 16 cities in effort to improve the health of their residents. Search an events calendar for the types of activities you enjoy, located in your area.	Adult	All San Bernardino County residents	Free
Skillastics www.skillastics.com	A series of standards-based, fitness games to encourage physical challenges for all kids to learn and master. Free newsletter provides monthly sport tips.	Adult, Educator	Youth, Parents,	Free
Southern California Handball Association www.handball.org	Website provides information about the sport of handball including rules and instruction as well as court locations.	Adult	Youth, Adult	Free
SPARK: Sports, Play and Active Recreation for Kids http://www.sparkpe.org/about.jsp	The Spark programs are designed to maximize class activity time, without sacrificing learning. Spark fosters: moderate to vigorous activity, fitness, sports skills, enjoyment of PE, academic achievement, and activity levels away from school. Early Childhood (ages 3-5) Middle School PE (grades 6-8) High School PE (grades 9-12) After School (ages 5-14)	Adult, Teacher, After-school leader	Ages 3-14	Free webinar, activity sheets & newsletter. Training & lesson plans available for purchase

Sports 4 Kids http://www.playworks.org/	Playworks offers comprehensive training and technical support to schools, districts and communities that wish to bring safe, inclusive play to children.	Adults	Educators and caregivers	Prices vary
State of California, Department of Education www.AfterSchoolPA.com	An after-school physical activity website providing booklets describing physical education practices that are in the best interest of children grades 4-8. They include guidelines for curriculum design, learning experience, fitness activities, fitness testing, assessment, participation levels and more.	Educator	Youth, Educators	Free, Materials available for purchase
Tips for hiking with kids http://www.travelforkids.com/Travelessestials/hikingincalifornia.htm	Travel tips for those who like to enjoy hiking and the outdoors with the whole family.	Adult	Family	Free
U.S. National Institutes of Health: National Institute on Aging http://www.nia.nih.gov/HealthInformation/Publications/exercise.htm	NIA provides leadership in aging research, training, health information dissemination, and other programs relevant to aging and older adults. Also view exercise guide at http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/	Adult	Seniors	Free
Walking Connection http://www.walkingconnection.com/walking.htm	Site provides articles providing walking and survival tips, technique and form for fitness walking, inspirational stories, hiking adventures & vacation ideas for active people.	Adult	Adult	Free
Walk Riverside Routes & Trails www.riversideca.gov/mayor/pdf/walkbook2005.pdf	A guide to Riverside's best walking routes & trails.	Adult	All	Free
Women's Sport Foundation http://www.womenssportsfoundation.org/	To advance the lives of girls and women through sport and physical activity, the site provides tips and tools for parents as well as grant information, research articles, and more.	Adult, Educator, Coach	Women and girls of all levels involved in sports	Free
Your Heart Your Life http://hin.nhlbi.nih.gov/salud/pa/index.htm	Web-based training course will help you acquire the knowledge, skills, and motivating factors to help you take action against heart disease. Resources to help you get more physically active, no matter age or current physical activity level.	Adult	Adults	Free

PHYSICAL ACTIVITY & NUTRITION

American Cancer Society: Get active Challenge http://www.cancer.org/Healthy/EatHealthy/GetActive/index	Find activities to fit your lifestyle and ideas for raising active kids as well as staying motivated yourself. Use the tools for diet and fitness to help you calculate a healthy lifestyle. Can you find sidewalks, safe and accessible parks, daily PE for your kids, and healthful foods at work? Learn how to improve your community.	Adult, Educator	Adults, Educators, Community	Free
American Diabetes Association http://www.diabetes.org/	Information and resources on the basics of diabetes, living with diabetes and food and fitness for diabetics.	Adult	Diabetic patients & caregivers.	Free
American Heart Association www.heart.org (Click on Getting Healthy) Tips for Raising Heart-Healthy, Active Children http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp	Let the American heart Association help you live heart healthy. Look through these great tips to help your family get more active.	Adult	Youth, Parents	Free
CA Diabetes Program http://www.caldiabetes.org/	DIRC is a web-based portal for diabetes information, resources, and data. This website was developed by the California Diabetes Program for organizations throughout the state to contribute content and build depository readily accessible information about diabetes prevention and control.	Adult	Diabetic patients and caregivers.	Free
CANFIT (California Adolescent Nutrition and Fitness Program) www.canfit.org	Hands-on consulting, trainings and workshops focus on advancing culturally competent policies, practices and programs for adolescents in low income communities and communities of color. CANFIT provides a variety of nutrition and physical activity related trainings. All of our trainings are interactive, hands-on, involve skill-building activities and have been pilot-tested and proven effective.	Adult	Policymakers, government agencies, school, after school and health professionals, youth-serving and community-based organizations.	Free
California Healthy Kids Resource Center (CHKRC) and California After School Resource Center (CASRC) http://www.californiahealthykids.org/c/@RaRP1gtAAxXSk/Pages/guided3.html	Teacher Training Materials on Cooking in the Classroom, Foundations of Nutrition- <i>Dietary Guidelines for Americans</i> , Foundations of Nutrition-MyPyramid, Skills Density, Standards-Based Nutrition Education	Adult	Teachers	Free
Camp Channel http://www.campchannel.com/campers/search/	Looking for a summer sports camp? This is your site. Search by region, activity, coed or not. Select your	Adult	Youth, Parents	Free

	preferences and you can find just what you're looking for.			
CATCH: Coordinated Approach to Child Health http://www.catchinfo.org/ and www.CatchTexas.org or call 201-329-7518 for more information	A TEA approved Coordinated School Health Program designed to promote physical activity, healthy food choices, and prevent tobacco use in elementary school aged children. By teaching children that eating healthy and being physically active every day can be FUN, the CATCH Program has proved that establishing healthy habits in childhood can promote behavior change that carry into adulthood. PE Component: K-8 th grade Nutrition Component: K-5 th grade	Adult, Teacher, After-school leader	Grades K-8	Free activity sheets & newsletter available Training & lesson plans available for purchase
CDC: BAM! Body and Mind www.bam.gov or http://www.bam.gov/sub_physicalactivity/index.html	The site focuses on nutrition, physical fitness using kid-friendly lingo, games, quizzes, and other interactive features. The site also serves as an aid to teachers, providing them with interactive, educational, and fun activities that are linked to the national education standards for science and health.	Youth, Educator	Ages 9-13 years	Free
Champions for Change http://www.cachampionsforchange.net/	<i>The Network for a Healthy California-Champions for Change</i> provides tools to help adults take action in their homes, schools and neighborhoods. Site provides healthy solutions, recipes, tips and resources on how to eat more fruits and vegetables, be more active and speak up for healthy change.	Adult	Youth, Parents, Educators	Free
Dairy Council of California http://www.dairycouncilofca.org	Dairy Council of California provides programs and resource materials to educators and health professionals in California. Printed materials are available for purchase in states other than California.	Educator, Health professional, Adult	Grades K-12, Parents	Free
Dairy Council of California http://www.dairycouncilofca.org/Tools/Kids/LearningTools.aspx or http://www.dairycouncilofca.org/Tools/TeenBeat/Default.aspx	Dairy Council of California provides online nutrition education learning tools designed for children and teens. They can be used on home or school computers. Site provides a quiz for teens to determine activity level.	Children, Teen, Adult	Children, Teens	Free

Desert Recreation District http://www.cvrpd.org/facilities/index.htm	Desert Recreation District offers programs and activities for residents of Palm Desert, La Quinta, Indio, Thousand Palms, Thermal, Mecca, Coachella, Bermuda Dunes, North Shore, Oasis, Indio Hills, Indian Wells, Rancho Mirage and Vista Santa Rosa. Check out the free activities including the <i>Health, Fitness & Fun Fair</i> , <i>Fitness Day</i> , and <i>Wellness Month of May</i> .	Adult	All ages	Free
Eat Smart. Play Hard.™ http://www.fns.usda.gov/eatsmartplayhard/	Encourages and teaches kids and adults how to eat healthy and be physically active every day.	Educator	Youth, Parents, Caregivers	Free
Eat Smart. Play Hard.™ Healthy Lifestyle! http://www.fns.usda.gov/eatsmartplayhard/healthylifestyle/	Provides information to help you eat better, be more physically active and to be a role model for kids.	Adult	Parents, Caregivers	Free
Fruits and Veggies – More Matters www.fruitsandveggiesmorematters.org	Provides tips and resources on how to incorporate more fruits and vegetables into your family's diet. Resources for recipes, planning, shopping, and cooking.	Mothers, caregiver	All	Free
Girls Health http://www.girlshealth.gov	Provides information targeted at girls between the ages of 10-16 related to body, nutrition, fitness, health, bone health, relationships and much more.	Girls between the ages of 10-16	Teen Girls	Free
Health Finder: Your Source for Reliable Health Information http://www.healthfinder.gov/	Free interactive tools to check your health, get personalized advice, and keep track of your progress. Be sure to check out the <i>Nutrition & Fitness</i> segment in the Quick Guide to Healthy Living section and the <i>Activity and Menu planners</i> in the Personal Health Tools section.	Adult	Adults age 18 years and older	Free
Healthier US.gov www.HealthierUS.gov	HealthierUS.gov provides credible, accurate information to help you choose to live a healthier life.	Adult	Adult	Free
Healthy Apple Valley http://www.applevalley.org/index.aspx?page=756	Mission is to improve the health and well-being of our residents through the promotion of healthy eating, education, cooking programs, and physical activity.	Adult	All	Free
Healthy Chino http://www.healthychino.com/	Walking clubs including Chino Walks, Chino Walks KIDS, and Neighborhood Steps; a community garden; Chino Farmers Market; nutrition and fitness presentations; special events such as Family Fitness Day; an employee wellness program, as well as counseling and parenting classes for all ages.	Adult	All	Free

Healthy Fontana: Get up and get going www.healthyfontana.org or http://www.fontana.org/index.aspx?NID=1328	The free “Steps Along the Way Walking Club” promotes the health benefits of walking and exercising while motivating first-time walkers to increase their steps on a weekly basis. Healthy cooking classes and nutrition education for adults and youth regularly offered.	Adult	Youth, Adults	Free
Healthy for Life www.healthyforlifeonline.org or www.pe4meonline.com	Focuses on getting kids and their families to develop healthy lifestyle choices by incorporating both physical activity and a responsible diet.	Adult	Youth, Parents, Teachers	Free
Healthy Habits for Healthy Kids http://w2.anthem.com/bus_units/healthyliving/HealthyKids/activity.html	Gather tips on getting family members together for physical activities. Download the Free <i>Healthy Habits for Healthy Kids: A Nutrition and Activity Guide for Parents</i> provided by the American Dietetic Association and Blue Cross of California.	Adult	Youth, Parents	Free
Healthy Ontario: Fitness http://healthyontarioinitiative.org/Home/	Explore the site for nutrition and fitness information, health assessment tools, health stories and healthcare resources in your neighborhood.	Adult	All ages	Free
Healthy Rancho Cucamonga http://www.cityofrc.us/websites/healthy_rc/	Explore the site for nutrition and fitness programs available in Rancho Cucamonga.	Adult	All ages	Free and/or low cost
Healthy Victorville http://ci.victorville.ca.us/Site/CityDepartments.aspx?id=8204	Promote healthy lifestyles through workplace wellness, healthy eating, active living, and healthy community development policies and programs.	Adult	All ages	Free and/or low cost
Healthy Weight Network http://www.healthyweight.net/activity.htm	Site provides research on physical activity, obesity, eating disorders, dieting, weight loss or gain and guidelines for healthy living at any size.	Adult	Youth, Men, Women	Free
International Food Information Council http://www.ific.org/	IFIC Foundation provides science-based information on food safety and nutrition.	Adult, Educator	Youth, Adults, Educators	Free / Low Cost
Let's Move http://www.letsmove.gov/	The <i>Let's Move!</i> initiative has instituted various programs across the country to mobilize others in solving the problem of childhood obesity nationwide. Site provides helpful tips and step-by-step strategies for families, schools and communities to help kids be more active, eat better, and grow up healthy.	Adult	Adults, Educators	Free
Physical Activity Guidelines http://www.health.gov/paguidelines or http://www.health.gov/paguidelines/pdf/paguide.pdf	The Federal Government has issued its first-ever Physical Activity Guidelines for Americans. They describe the types and amounts of physical activity that offer substantial health benefits.	Adult	Adults Health Professionals and law makers	Free

Kidnetic.com www.kidnetic.com	Website provides games, facts and recipes to help children understand food, feelings and fitness for better health. Also, leads you through a set of exercises while at the computer.	Youth, Adult	Youth, Parents	Free
KidsHealth for Kids www.KidsHealth.org	Site provides information on parenting, behavior, development and more. Separate areas for kids, teens and parents, each with age-appropriate content featuring articles, animations, games and resources.	Youth, Adult	Youth, Teen, Parents, Educators	Free
Medline Plus http://www.nlm.nih.gov/medlineplus/sportsfitness.html	Topics include physical fitness, exercise, safety, injuries, wellness & lifestyle, statistics and articles.	Adult, Educator	Youth, Men, Women, Educators	Free
My Plate http://www.choosemyplate.gov/	US Food Guide, MyPlate, website helps adults, children, pre-school children and breastfeeding moms to plan and assess personal food and physical activity choices	Youth, Adult	Youth, Adults, Educators	Free
MyPyramid Blast Off Game http://www.fns.usda.gov/tn/Resources/mypyramidblastoff.html	This interactive computer game reinforces the key concepts of <i>MyPyramid for Kids</i> .	Youth	Youth, Parents	Free
Network for a Healthy California http://www.cdph.ca.gov/programs/cpns/Pages/AboutUs.aspx	The <i>Network</i> represents a statewide movement of local, state and national partners collectively working toward improving the health status of low-income Californians through increased fruit and vegetable consumption and daily physical activity. Multiple venues are used to facilitate behavior change in the homes, schools, worksites, and communities of low-income Californians to create environments that support fruit and vegetable consumption and physical activity.	Adult, Educator	Adult, Educators	Free
Network for Healthy California <ul style="list-style-type: none"> • Shape of Yoga http://www.cdph.ca.gov/programs/cpns/Documents/Network-ShapeofYoga.pdf • Power Up in 10 http://publichealth.lacounty.gov/nut/Network/Docs/PU10-2011.pdf 	Shape of Yoga and Power Up in10 are two physical activity resources designed to provide families with the recipes for being physically active. The booklets contain easy to read instructions and photos for performing 10-basic exercises and/or poses, which are supplemented with nutrition tips to help promote healthy eating.	Adult, Educator	All, Families	Free to download
PE Central www.PECentral.org	Provides information about developmentally appropriate physical education programs for children and youth, offers motivational kids fitness programs including Log it, a pedometer step logging program and provides free published physical activity and nutrition lesson ideas.	Youth, Adult	Youth, Parents, Educators	Free

Preschool Rock www.preschoolrock.com	An Internet network dedicated to parents and teachers of preschoolers that provides tons of great ideas for games, crafts, and fitness activities to keep preschoolers moving, learning and engaged.	Adult, Educator	Youth, Parents, Educators	Free
Shape Up America! Healthy Weight for Life http://www.shapeup.org/prof/rc_index.php	The Resource Center provides healthy weight for life resources such as portion control tutorial, walking program,, nutrition inform., guides, tools, portion control tutorial, tips for family fitness fun.	Adults	Youth, Parents, Adults	Free
Strategic Alliance http://preventioninstitute.org/strategic-alliance	A coalition of nutrition and physical activity advocates promoting solutions to California's nutrition and physical activity environmental barriers.	Adult	Youth, Adult, Educators	Free
We Can! Ways to Enhance Children's Activity and Nutrition http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/	Provides guidance for adults to promote child health; the <i>Live It</i> section is full of tips and ideas to help parents and families get started on the road to a healthy weight. You will find tips for making smart food choices, increasing physical activity for the family, and reducing use of TV, DVDs, video games, and recreational computer use ("screen time").	Adult	Youth, Adult	Free
WIN: Weight-control Information Network http://win.niddk.nih.gov/publications/young_heart.htm	Young at Heart: Tips for older adults. Topics include healthy eating, planning and preparing meals, healthy weight, safe physical activity, getting active and resources.	Adult	Seniors	Free

NUTRITION

American Dietetic Association* <i>*The American Dietetic Association is officially changing its name to the Academy of Nutrition and Dietetics, effective January 2012.</i> http://www.eatright.org/default.aspx	Provides objective food and nutrition information, recipes, tips and resources.	Adult, Educator	Youth, Adults, Seniors, Educators	Free, Some require membership
Arizona Nutrition Network http://www.eatwellbewell.org/	Segments include <i>Have fun and play games</i> , <i>Grow a healthy family</i> and <i>Help teach a healthy lifestyle</i> .	Youth, Adult, Educator	Youth, Adult, Parents, Educators	Free
Biodynamic farming and gardening association www.biodynamics.com/csa.html	A type of organic farming that incorporates an understanding of “dynamic” forces in nature not yet fully understood by science.	Adult	Adults	Prices vary
Choose My Plate http://www.choosemyplate.gov/	Resources for promoting dietary guidance for all Americans. Provides nutrition tips and food group information.	Adult	Adults	Free
Center for nutrition policy and promotion http://www.cnpp.usda.gov/dietaryguidelines.htm	USDA dietary guidelines, healthy eating index, food planner and nutrition education information.	Adult	Adults	Free
Center for Science in the Public Interest (CSPI) http://www.smartmouth.org	The very creative-interactive CSPI website featuring the <i>food police</i> provides consumer facts, advertising tricks, recipes, brain teasers, informational bites, and how fast foods measure up nutritionally.	Youth, Adult	Youth, Adult	Free
Food & Nutrition Information Center: Consumer Corner http://fnic.nal.usda.gov/nal_display/index.php?tax_level=1&info_center=4&tax_subject=358	Their goal is to help you find information on food and nutrition topics and link you to the most trustworthy and up-to-date information from both government and non-government sources.	Adult, Educator	Youth, Adults, Educators	Free
Garden of Eden Organics www.gardenofedenorganics.com	A co-op of 13 small farms, which for our members means variety. This is one of the most important distinctions of our program.	Adult	All	Prices vary
Harvest of the Month http://www.harvestofthemonth.com/family-newsletter.asp	Parent newsletters featuring a fruit or vegetable each month. Each newsletter includes general information on how nutrition affects a child’s health and education, tips for providing more fruits and vegetables and ways to encourage healthy food choices, monthly featured recipe, tips for selecting, storing and serving the featured produce item and ideas for engaging in physical activity.	Adult, Educator	Youth, Adults, Educators	Free

Healthy Fontana: Healthy Eating & Lifestyles http://www.fontana.org/index.aspx?NID=1340	<i>The Fast Fresh Fabulous Cooking Classes</i> are unique interactive classes that promote the importance of eating five to nine servings of fruits and vegetables per day and the benefits of eating and cooking healthy. <i>Healthy Jr. Chef's Cooking Class</i> provides hands on experience teaching children how to cook/prepare healthy dishes and snacks.	Adult	Youth, Adult	Free
Inland Empire Organic Produce Buying Club www.meetup.com/organicproduce Two locations: <ul style="list-style-type: none"> - Redlands, CA at Farm Artisan Foods restaurant, located downtown on State Street. http://www.farmartisanfoods.com/ - The Cherry Valley at Highland Springs Resort/Grand Oak Steakhouse. http://hsresort.com 	Pool your money with a group to make weekly purchases of fresh, certified organic produce from an organic wholesaler, and when possible, local, organic farmers. Produce is evenly divided amongst the participants. Everyone goes home with a big basket containing a variety of fresh, organic fruits and veggies, for a fraction of what you would pay in supermarkets.	Adult	All	Prices vary Volunteer based, nonprofit organization. All money collected is used exclusively for produce and expenses.
Inland Orange Conservancy (IOC) http://www.inlandorange.org	As an Advocate for locally grown citrus, IOC provides outreach to educate the community on citrus heritage thru taste testing, grove walks, and school activities; makes groves sustainable by connecting local growers to local consumers in its "Share of the Crop" program; and gleans the fruit and gets it to the Inland Empire needy, via its "Thanks a Ton" gleaning program. Site provides information on how to participate in the programs or request outreach education.	Adult	Adult	Free
Keep Kids Healthy www.keepkidshealthy.com	Customized newsletter, safety guidelines, parent tips and health information library.	Adult	Youth	Free
KIDS eat right http://www.eatright.org/kids/	A source for scientifically-based health and nutrition information you can trust to help your child grow healthy. As a parent or caretaker you need reliable resources and you can find them here, backed by the expertise of nutrition professionals.	Adult	Parent / Caregiver	Free
Local Harvest www.localharvest.org	Find local farmers' markets, family farms and growers that sell directly to the public. Free newsletters are also available. Buy produce, grass-fed meats, and many other goodies. Tours may also be offered.	Adult	Youth, Parents	Free
Meals for You http://www.mealsforyou.com/cgi-bin/customize?recipes_main.html	Over 8000 free recipes selected by title, ingredients, nutritional contents, course, popularity or appliance.	Adult	Adults, Meal preparers	Free

Meals Matter http://www.mealsmatter.org	The resources help you establish a pattern of healthy food choices each week by providing a range of features to make planning healthy meals easier, such as nutrition articles, recipes, personalized cookbooks and shopping lists.	Adult	Adults, Meal preparers	Free
National Women's Health Information Center www.WomansHealth.gov	The federal government source for women's health information website providing health updates, publications, campaigns and activities.	Adult	Women	Free
Nourish Food & Community. What's the story of your food? www.nourishlife.org	Nourish is an educational initiative designed to open a meaningful conversation about food and sustainability, particularly in schools and communities. With beautiful visuals and inspiring stories, the Nourish film traces our relationship to food from a global perspective to personal action steps. Amplify the conversation about good food. Read the latest Nourish news, download resources, and help spread the word. Sign up to become part of this growing network.	Adult	Adults, Educators, food service staff,	Free to educators and nonprofit support providers.
Nutrition Exploration http://www.nutritionexplorations.org/kids/main.asp	This brightly colored lively sight makes learning fun for everyone featuring contests, fun games, recipes and more.	Youth, Adult	Youth, Adult	Free
Nutrition for Kids www.nutritionforkids.com	Information on teaching nutrition to kids, newsletters for parents, activities for youth, handouts, stickers & much more.	Youth, Adult	Youth, Adults	Free
Produce for Better Health Foundation http://www.fruitsandveggiesmorematters.org/	Information on fruit and veggie nutritional values and storage, increasing fruit & veggie consumption at the worksite, planning and shopping, cooking, recipes, getting kids involved, free newsletter and other healthy resources. Check out their new kids' website at http://www.foodchamps.org/	Adult	Youth, Parents	Free
Producepedia http://www.producepedia.com/about.php	Site is brought to you by Western Growers, an agricultural trade association whose members grow, pack and ship fresh fruits, vegetables and nuts. This site is designed to provide fun information about produce.	Youth, Adult	All ages	Free

Robyn Van En Center for CSA Resources www.csacenter.org	National resource center for Community-Supported Agriculture (CSA). The center provides outreach and works to gain publicity about CSA farms in order to benefit community farmers and communities everywhere.	Adult	Adults	Prices vary
Slow Food Redlands www.slowfoodredlands.org	We have activities for children, a community garden, cooking and gardening classes, monthly Salons & Themed Potlucks, a weekly farmers market, field trips, and movie nights! Something for everyone! Check Calendar of Events for this year.	Adult	All	Minimal annual membership fee
Spatulatta! Cooking 4 Kids Online http://www.spatulatta.com/	A compelling website where kid teach kids through video recipes introducing cooking skills and modeling healthy behavior by using fresh, basic ingredients with a minimum of preprocessing. Site encourages children to eat well, take pride in their accomplishments in the kitchen and to understand the connection between farm and dinner table.	Youth	Youth	Free
“Spot the Block” http://www.cartoonnetwork.com/promos/201004_fda/index.html	FDA partnered with Cartoon Network to bring videos, games, songs and quizzes that educate youth and promote healthy eating.	Youth	Youth	Free
Team Nutrition http://www.fns.usda.gov/tn/	Team Nutrition's Goal is to improve children's lifelong eating and physical activity habits by using the principles of the Dietary Guidelines for Americans. Poster, flyers and brochures available for download.	Adult	Youth, Adult, Educators	Free

This material was produced by the California Department of Public Health’s Network for a Healthy California with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.